

WORKOUT@WINGATE

— CHECK IN, WORK OUT.

Wingate by Wyndham has teamed up with **MEN'S FITNESS** and **HERS** to help you stay both productive and fit while traveling. Stick to your routine when on the road by following our helpful workout guide to keep you feeling good during your entire stay.

Time to break a sweat!



MEN'S FITNESS

WINGATE
BY WYNDHAM

HERS

Visit mensfitness.com/wingate for additional workout tips

Photography shot at Wingate by Wyndham Altoona

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Please consult a medical professional prior to starting any exercise program.

► Dumbbell Goblet Squat

10-15 REPETITIONS

Can also be performed with kettlebell or medicine ball.



Exercises should be performed as circuits (one right after the other) with minimal rest between exercises, and 90 seconds between circuits, for 2-4 circuits. Weight selections should be challenging but not so heavy as to compromise form.

► Plank

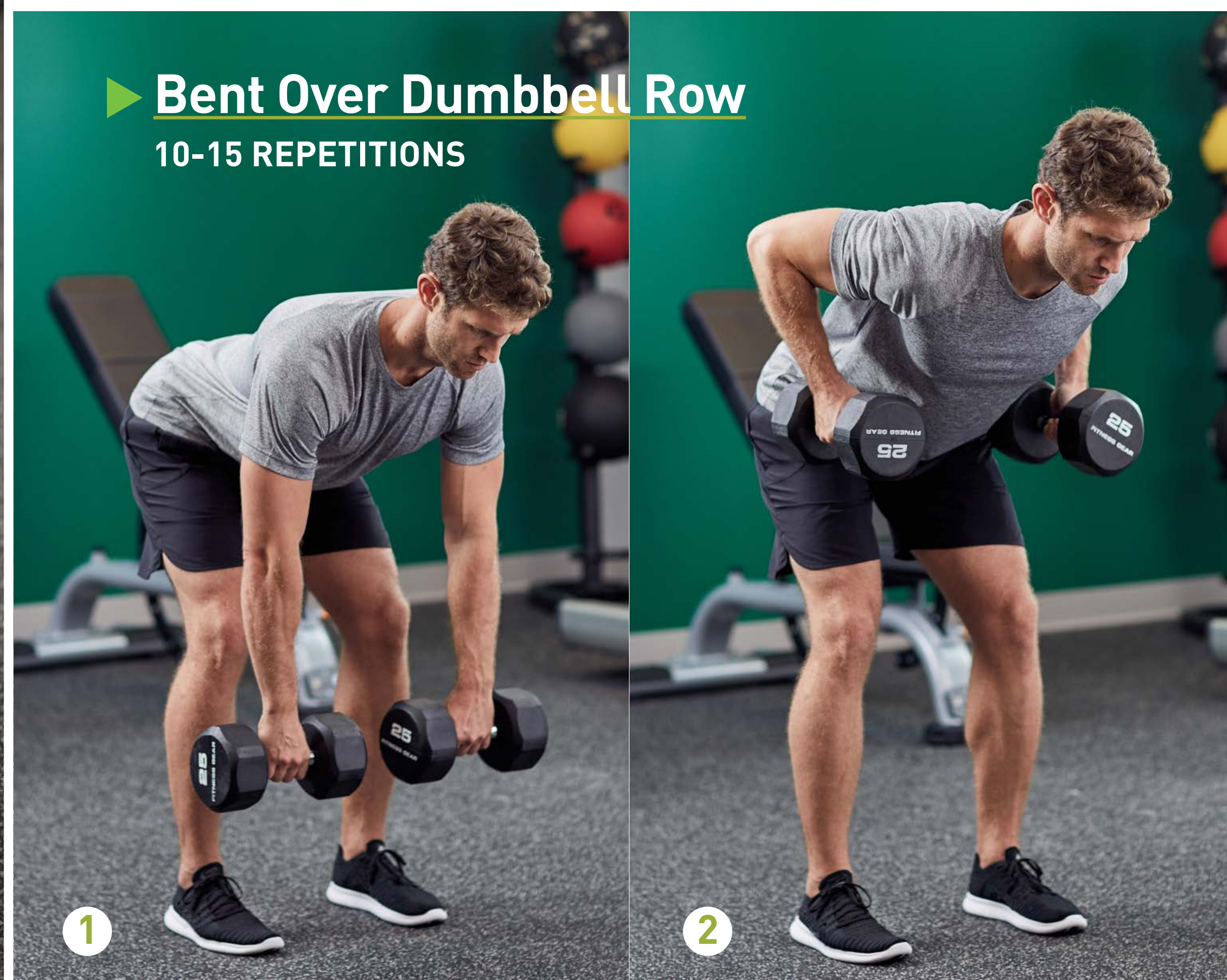
30-90 SECONDS



Interval training is a great way to burn a lot of calories in a short period of time. On one of our cardio machines work hard for 1 minute, then easy for 1-3 minutes, based on your ability. Continue this for 20 to 30 minutes.

► Bent Over Dumbbell Row

10-15 REPETITIONS



► Dumbbell Romanian Deadlift

10-15 REPETITIONS



► Russian Twist

20 REPETITIONS

Can also be performed with kettlebell or dumbbell.



► Dumbbell Bench Press

10-15 REPETITIONS

